

⬇ Swimming Pool Activities

Come splash and play in our indoor, heated wave pool. Rent a tube and float the waves, then enjoy an icy soda and hot pizza at Kiwani Island Concession Stand. We have a few safety rules for your visit: Children under age 8 must have an adult with them at all times. No water wings or other floatation devices permitted. The minimum height to use the water slide is 48".

Adults (18yrs+) \$6
Children (3-17yrs) \$3

Wave Pool Hours:

Sept. 2-Sept. 30 Saturdays: 12:30pm-4:30pm

Special Holiday Wave Pool Hours

Sunday, Sept.3 12:30-4:30pm
Monday, Sept. 4 12:30-4:30pm

Half Price Waves! 2:30-4:30pm (during wave days only)
No other discounts/coupons will be honored during discount wave hours.

Adults (18yrs+) \$3
Children (3-17yrs) \$1.50

Lap Swimming Hours:

Effective Aug. 8-Dec. 2

Monday-Friday 7am-8:30am*
Monday-Thursday 11:30am-1:30pm*
Monday-Thursday 4:30pm-8:00pm*
Saturday 8am-11am*

*Except during private rentals.

Lap Swim Admission Fees

Adults (18 yrs and up) \$2.25
Children (3-17 yrs) \$1.25

Private/Semi-Private/Small Group Lessons:

Private, semi-private, and small group lessons are available through the Kiwanis Recreation Center. Call 480-350-5201 for additional information.

Rates per Class Meeting

	1/2 hr	3/4 hr	1 hr
Private (1 individual):	\$15	\$20	\$25
Semi-Private (2 individuals):	\$17	\$23	\$31
Small Group (3 or 4 individuals):	\$19	\$26	\$33
Additional Person (each):	\$8	\$10.50	\$11

Outdoor Swimming Pools & Recreation Swim Hours

Escalante Pool 480-350-5204
2150 E. Orange Street

Recreation Swim: Aug. 12-Sept. 10
Sat. 12-4pm Sunday 1-5pm

Holiday Hours

Mon. Sept. 5 1-5pm

Fees (Do NOT apply to Kiwanis Wave Pool)

Children (6 to 17yrs) \$.75
Adults (18yrs+) \$1.25

Swimming Lesson General Information

The City of Tempe Parks and Recreation Department provides a progressive program for students who wish to learn or improve their swimming skills. This program is certified by the Starfish Institute. If you have concerns regarding your child's progress or ability level, please discuss them with the instructor or pool manager.

Fees for each class must be paid at the time of registration.



A student may register for a maximum of one (1) learn-to-swim class at a time using any of the registration procedures below. A student may also register for special classes in addition to a swimming class.

Students may register for additional learn-to-swim classes after the seventh lesson. At the end of the seventh lesson each student will be provided with a skill progress sheet for the class in which he/she is currently participating and information on the next appropriate class.

Current students will only be permitted to register for the next level of class by providing their skill progress sheet with their registration form.

All pre-registration activities are subject to cancellation prior to start date if minimum registration is not met.

Swim Lesson Program Class Descriptions

Parent Assisted Lessons 30 minute classes

Star Babies (8-12 mos): Designed to be an infant's first introduction to water adjustment with emphasis on parent participation/education as well as safety skills and fun. One child per adult.

Star-Infant (12-24 mos): Designed with an emphasis on parent participation, safety skills, comfort, and fun. One child per adult.

Star-Tot (24-36 mos): For the older tots to continue water adjustment, swim readiness skills, and safety skills. One child per adult.

Star-Shrimps (2 to 4 years): For pre-school children who are not ready for an independent swim program or the child who has mastered the Parent-Tot class and is ready for more swim readiness skills. One child per adult.

Pre-School Age Lessons (Suggested age 3-5 years) 30 minute classes

SEA HORSE SWIM SCHOOL

Sea Horse White: For children ready to participate in an aquatic class on their own. Emphasis on basic water adjustment, breath holding, and floating.

Sea Horse Red: Prerequisite skills: blow bubbles, fully submerge unassisted; front and back float with support

Sea Horse Yellow: Prerequisite skills: Jump into 4ft of water; float for 5 seconds back and front.

Sea Horse Blue: Prerequisite skills: Jump in and swim 10ft. and return; back glide 10 ft.

Sea Horse Green: Prerequisite skills: Tread water 15 seconds, swim 20ft with side breathing; backstroke with kick 20 ft

SEA HORSE STROKE SCHOOL

Prerequisite: Jump In, swim 25 yds freestyle and return with rhythmic breathing and 25 yds. Backstroke

School Age Lessons (Suggested age 6 years and up) 30 minute classes

STARFISH SWIM SCHOOL

White/Red: Prerequisite skills: for the child with little or no formal instruction in aquatic skills. Class emphasis is on water adjustment skills, bubbles and breath control, submerging, and front and back float with flutter kicking.

Red: Prerequisite skills: blow bubbles, fully submerge unassisted; front and back float with support

Yellow: Prerequisite skills: Jump into 4ft of water; float for 5 seconds back and front.

Blue: Prerequisite skills: Jump in and swim 10ft. and return; back glide 10 ft.

Green: Prerequisite skills: Tread water 15 seconds, swim 20ft with side breathing; backstroke with kick 20 ft

STARFISH STROKE SCHOOL

White/Red: Prerequisite skills: Jump In, swim 25 yds freestyle and return with rhythmic breathing and 25 yds. Backstroke

Yellow: Prerequisite skills: freestyle and back stroke 50 yds;butterfly kick 10 yds.

Blue: Prerequisite skills: Freestyle and back stroke 75 yds;butterfly 10 yds; breaststroke kick 10 yds.

Green: Prerequisite skills: Swim 100 yds. freestyle and back stroke; 25yds. butterfly; and 25 yds. breaststroke

Adult Swim Lessons -15 years of age and older

Swimming Pool Activities

Adult Beginner: (Prerequisite: 15 years of age and older). Class is designed for adults who wish to learn to swim and will be geared to meet the needs of individuals. Emphasis is on adapting to the water and introduction to the front crawl, back float, and safety skills.

Adult Intermediate: (Prerequisite: 15 years of age and older). Class is designed for adults who have mastered the beginner skills and can swim 25 yards using a front crawl.

Adult Stroke Improvement: (Prerequisite: 15 years of age and older). Class is designed to improve upon and refine current skills rather than teach strokes.

Water Fitness (Aerobics): A fitness class incorporating warm-ups, 25-40 minutes of aerobic exercise, a cool-down period, and exercises to tone and strengthen muscles. No swimming ability required.

Deep Water Fitness (Aerobics): This is a water fitness class using deep water as its medium. Participants should be comfortable in deep water. The class will use some flotation devices to exercise.

Special Interest Aquatic Classes

American Red Cross Lifeguard Training-This is an American Red Cross certification course for individuals who are interested in life guarding. The course will include First Aid, CPR, as well as the lifeguard training. Must be 15 years of age and able to perform swimming skills necessary to complete the course requirements. Fee: \$110.

Class Dates: Oct. 10-Nov 4 KRC

3790 T/Th 7-9:30pm
Sa 9am-2pm

Water Safety Instructor-This is an American Red Cross certification course for individuals wishing to become swimming instructors. Pre-requisites-16 years of age or older, ability to perform skills appropriate for the class. No class on 11/11, 11/25 and 11/27. Fee: \$110.

Class Date: Nov. 7-Dec.2

3933 T/Th 6:30-10pm
Sa 9am-5pm

Arthritis Foundation Water Exercise Class-An exercise class designed to help relieve pain and stiffness caused by arthritis. This class is taught by an arthritis certified instructor. Register at Kiwanis Pool anytime, classes are on -going

Session 1

16yrs+ T/Th 8/8-11/30 11:15am-12pm KRC
No Class on Nov 23, 24

Program Card Fees-Arthritis Water Exercise Class

4 workouts \$18
6 workouts \$ 27
8 workouts \$ 36

Purchase cards at Kiwanis Front Desk; classes are on-going.

Kiwanis Pool Water Fitness Schedule Register at Kiwanis Pool anytime Classes are on-going.

Class Title	Day	Time	Session I 8/7-12/3
Deep Water	M/W	6:40pm	
Water Fitness	M/W	8:50am	
	M/W	5:30pm	
	Tu/Th	8:50am	
	Tu/Th	6:40pm	
	Sa	9:00am	
PROGRAM CARD FEES-WATER FITNESS			
4 workouts	\$16		
6 workouts	\$24		
8 workouts	\$32		
Purchase cards at Kiwanis Front Desk; classes are on-going No Class on Sept 4, Nov 11, 23, 25			

Kiwanis Pool Evening Swim Lesson Schedule (480) 350-5201

Monday/Wednesday Classes Classes meet twice a week for four weeks. Fees for Swim Classes: \$38		
Class Title	Time	Session I 9/6-10/2*
PARENT ASSISTED CLASSES		
Star-Infant	5:35pm	3850
Parent-Tot	6:10pm	3861
Shrimps	5pm	3856
	6:10pm	3855
PRESCHOOL SEA HORSE SWIM SCHOOL AGES 3-5YRS		
Sea Horse White	5pm	3832
	6:10pm	3833
	7:20pm	3834
Sea Horse Red	5pm	3808
	6:10pm	3810
	7:20pm	3814
Sea Horse Yellow	5:35pm	3771
	6:45pm	3772
	7:20pm	3773
Sea Horse Blue	5pm	3794
	6:45pm	3795
Sea Horse Green	6:45pm	3804
PRESCHOOL STROKE SCHOOL AGES 3-5YRS.		
Sea Horse Stroke School	6:10pm	3827
STARFISH SWIM SCHOOL AGES 6 YRS AND UP		
Starfish White/Red	5:35pm	3914
	7:20pm	3915
Starfish Yellow	5:35pm	3921
	6:45pm	3923
Starfish Blue	5:00pm	3894
	6:10pm	3895
Starfish Green	5:35pm	3906
	7:20pm	3907
STARFISH STROKE SCHOOL AGES 6 YRS AND UP		
Starfish Stroke White/Red	5:35pm	3876
	6:45pm	3878
Starfish Stroke Yellow	5:35pm	3891
	6:45pm	3892
Starfish Stroke Blue	5pm	3867
	6:10pm	3866
Starfish Stroke Green	6:10pm	3871
Adult Beg.	8pm	3783
Adult Inter.	8pm	3779
Adult Stroke Improvement	8pm	3781
No class on Monday Sept. 4		

Tuesday/Thursday Classes Classes meet twice a week for four weeks. Fees for Swim Classes: \$38		
Class Title	Time	Session I 9/5-9/28
PARENT ASSISTED CLASSES		
Star Babies	5:35pm	3848
Star-Tot	5pm	3863
Shrimps	6:10pm	3857
PRESCHOOL SEA HORSE SWIM SCHOOL AGES 3-5YRS		
Sea Horses White	5pm	3840
	6:45pm	3839
Sea Horses Red	5pm	3816
	7:20pm	3822
Sea Horses Yellow	5pm	3776
	5:35pm	3774
	7:20pm	3775
Sea Horses Blue	5:35pm	3799
	6:45pm	3800
Sea Horses Green	5:35pm	3805
	7:20pm	3806
PRESCHOOL STROKE SCHOOL AGES 3-5YRS.		
Sea Horses Stroke School	6:10pm	3829
STARFISH SWIM SCHOOL AGES 6 YRS AND UP		
Starfish White/Red	5pm	3920
	6:10pm	3919
Starfish Yellow	5:35pm	3930
	6:45pm	3929
Starfish Blue	5:35pm	3899
	6:45pm	3900
Starfish Green	6:10pm	3909
	7:20pm	3908
STARFISH STROKE SCHOOL AGES 6 YRS AND UP		
Starfish Stroke White/Red	5pm	3881
	6:10pm	3882
	7:20pm	3883
Starfish Stroke Yellow	6:10pm	3887
	7:20pm	3886
Starfish Stroke Blue	6:45pm	3868
Starfish Stroke Green	6:45pm	3873

Saturday Classes Classes meet twice a week for six weeks. Fees for Swim Classes: \$28

Class Title	Time	Session I 9/9-10/14
PARENT ASSISTED CLASSES		
Star Babies	10:45am	3849
Star Infants	9am	3854
Star-Tot	10:10am	3865
Shrimps	9:35am	3859
PRESCHOOL SEA HORSE SWIM SCHOOL AGES 3-5YRS		
Sea Horses White	9am	3844
	10:10am	3845
Sea Horses Red	9am	3824
	10:10am	3826
Sea Horses Yellow	9:35am	3777
	10:45am	3778
Sea Horses Blue	9:35am	3902
	10:45am	3903
Sea HorsesGreen	10:10am	3912
PRESCHOOL STROKE SCHOOL AGES 3-5YRS.		
Sea Horses Stroke School	10:10am	3831
STARFISH SWIM SCHOOL AGES 6 YRS AND UP		
Starfish White/Red	9:35am	3917
Starfish Yellow	9am	3888
	10:45am	3889
Starfish Blue	10:10am	3896
Starfish Green	10:10am	3912
STARFISH STROKE SCHOOL AGES 6 YRS AND UP		
Starfish Stroke White/Red	9am	3885
	9:35am	3884
Starfish Stroke Yellow	9am	3888
	9:35am	3889
Starfish Stroke Blue	10:45am	3870
Starfish Stroke Green	10:45am	3875

